

March Activities - Urbana Senior Center

301-600-7020 UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/aging
9020 Amelung Street, Frederick, MD 21704 (Lower Level of the Urbana Regional Library)

Mondays 9:00-3:00	Tuesdays 9:00-8:00	Wednesdays 9:00-3:00	Thursdays 9:00-3:00
February 29 10:00 Stitching Post 10:45 Exercise: Mobility Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 *Leap Year BINGO	1 10:00-3:00 Voting Demonstration 9:40 Strength Training 10:00 *English Conversation 10:45 Exercise: Strength/Balance 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:00 *Dinner/Games	2 10:45 Exercise: Complete 1:00 *English Class 1:00 Wii Bowling	3 9:30 Color This 9:40 Strength Training 10:45 Exercise: Stretching 1:00 Cards and Games 1:30 *Line Dancing
7 Health Education 101 "Fitness Shoes & Clothes" 10:00 Stitching Post 10:45 Exercise: Mobility Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub	8 Health Education 101 "Fitness Shoes & Clothes" 1st Day of Trip Registration 9:40 Strength Training 10:00 *English Conversation 10:45 Exercise: Strength/Balance 1:00 Stitching Post/Mah Jong 3:00 *Watercolor Class 5:00 *Dinner/Games	9 Health Education 101 "Fitness Shoes & Clothes" 10:45 Exercise: Stretching 1:00 *English Class 1:00 *Artful Creations: Rubber Band Painting	10 Health Education 101 "Fitness Shoes & Clothes" 9:30 Color This 9:40 Strength Training 10:45 Exercise: Mobility Noon *Breakfast for Lunch with Nurse Steve 1:00 Cards and Games 1:30 *Line Dancing
14 Nutrition Minute "Choosing Healthy Meals" 10:00 Stitching Post 10:45 Exercise: Mobility Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub	15 Nutrition Minute "Choosing Healthy Meals" 9:40 Strength Training 10:00 *English Conversation 10:45 Exercise: Strength/Balance 1:00 Stitching Post/Mah Jong 3:00 *Watercolor Class 5:00 *Dinner 6:30 The Inside Scoop: Eye Health	16 Nutrition Minute "Choosing Healthy Meals" 10:45 Exercise: Stretching 12:30 *Yoga 1:00 *English Class 1:00 Wii Bowling	17 Nutrition Minute "Choosing Healthy Meals" 9:30 Color This 9:40 Strength Training 10:45 Exercise: Mobility Noon *St. Patrick's Day Luncheon 1:00 Cards and Games 1:30 *Line Dancing
21 10:00 Stitching Post 10:45 Exercise: Mobility Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub	22 9:40 Strength Training 10:00 *English Conversation 10:45 Exercise: Strength/Balance 11:30 Family & Dementia Noon *Spring Luncheon 1:00 Stitching Post/Mah Jong 3:00 *Watercolor Class 5:00 *Dinner/Games	23 10:45 Exercise: Stretching 12:30 *Yoga 1:00 *English Class 1:00 Wii Bowling	24 9:30 Color This 9:40 Strength Training 10:45 Exercise: Mobility 1:00 Cards and Games 1:30 *Line Dancing
28 10:00 Stitching Post 10:45 Exercise: Mobility Noon *Basic Tai Chi 1:00 *Advanced Tai Chi	29 9:40 Strength Training 10:00 *English Conversation 10:45 Exercise: Strength/Balance 1:00 Stitching Post/Mah Jong 3:00 *Watercolor Class 5:00 *Dinner/Games	30 10:45 Exercise: Stretching 12:30 *Yoga 1:00 *English Class 1:00 Wii Bowling	31 9:30 Color This 10:45 Exercise: Mobility 1:00 Cards and Games 1:30 *Line Dancing
*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk. Programs may be canceled if enrollment is low. Activities are subject to change.		Department of Aging Activities March 4 - Groceries for Seniors March 8 - Trip Registration Begins March 11 - US Army Heritage and Education Center Trip March 18 - Fire Museum of Maryland Trip	

(see other side for program highlights)